

Nutrition And



Update



July 2003

Nutrition and WIC Services

KWIC Is In Your Future!

Roger Lewis, KWIC
Project Manager

The Kansas WIC Automation Project (KWIC) has been at full speed building the new WIC system since February 2002. In those 15 months, a dozen WIC clinic staff and all of the state WIC staff have completed a very detailed design process and are now testing the final system. Experts were brought in from Starling Consulting, Burger Carroll and Associates, and Covansys to help in each of their specialties.



Work with the new system software consumes much of the Project staff time. The other major component is the installation or expansion of computer networks in each of the 87 WIC clinics across the state. Hundreds of computers and dozens of servers will be installed, connected to the internet, and configured for secure access to WIC and other program information.

All WIC clinic staff will attend a 5 day training session in the KWIC training center in Topeka. This facility is being established to ensure that each person who works with WIC will have a good understanding of the system as it relates to WIC policies and the procedures necessary to work with the new system. A coach will work in each clinic the week after training to insure that everything is working and help with any questions.

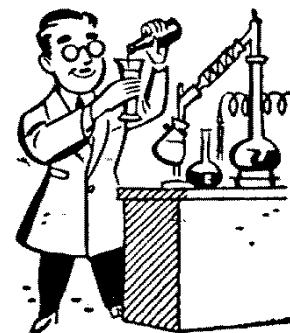
The pilot test of the new system will be in Emporia and Manhattan starting in August, September, or October this year. The pilot process will allow any bugs to be worked out of the training and coaching process before

rollout of the rest of the state starts in January 2004. All clinics should be using KWIC by July 2004.

If you would like more information or to subscribe to the quarterly KWIC Newsletter please contact Martha Hagen at mhagen@kdhe.state.ks.us or at 785-291-3161.

Research Tidbit...

Patrice Thomsen, WIC
Program Consultant



Environmental Tobacco
Smoke and Children's
Vitamin C Status

Preston, A.M., Rodriguez, C., Rivera, C.E., and Sahai, H. (2003). Influence of environmental tobacco smoke on vitamin C status in children. *American Journal of Clinical Nutrition*, 77, 176-172.

Many health risks due to smoking are most likely associated with oxidant damage in the body associated with cigarette or cigar usage. Vitamin C is one of the body's most important antioxidants. It is known that smokers have lower blood levels of vitamin C.

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The latest intake recommendations for Americans recommend that adult smokers consume an additional 35 mg more vitamin C than nonsmokers.

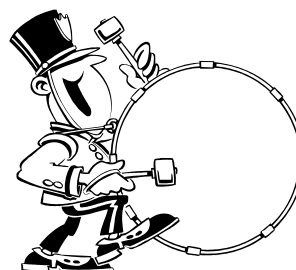
As part of the search for knowledge about smoke's effect on non-smokers, this study examined the influence of environmental tobacco smoke (ETS) on children's vitamin C status. Five hundred twelve healthy Puerto Rican children, ages 2-12 years, were included in the study. Children taking supplemental vitamin C were excluded. Dietary vitamin C was obtained with a 24 hour recall and plasma vitamin C tests were conducted. Smoke exposure was assessed by measuring a biomarker, urinary cotinine. Higher urinary cotinine levels reflect higher exposure to ETS.

Half of the children were exposed to ETS in the home because their parents smoked. Vitamin C intake did not differ between the groups of children who were exposed to ETS and those who were not exposed, but plasma vitamin C concentrations were significantly lower in the ETS-exposed group. Even children with minimal ETS exposure (confirmed by urinary cotinine values) showed a reduction in plasma vitamin C.

More research is needed to answer the question, "Does a small decrease in plasma vitamin C from ETS exposure have clinical importance?" Yet it is reasonable to assume that reduced antioxidant concentrations could be meaningful in vulnerable populations. There is not enough research to allow an estimation of a specific vitamin C requirement for children regularly exposed to ETS. The authors conclude that these children should be urged to eat more vitamin C-rich foods or they should take supplemental vitamin C.

The authors also note that homes in Puerto Rico are typically open due to the heat and well ventilated with ceiling fans so smoke does not become very concentrated in the home. Yet, even in this very open environment, ETS was a factor in reducing blood

vitamin C concentrations. Think how poorly ventilated Kansas homes may be shut up to conserve heat in winter and air-conditioning in summer. One more reason to encourage parents to stop smoking or "Take it outside!"



Make Every Class An Event!

Pat Dunavan, Nutrition Education Specialist

Getting tired of doing the same old thing for low risk nutrition education every month? Want some

new ideas to make nutrition education fun for you and the client? Then try incorporating some of the following ideas into your next nutrition education center or class:

- e Hold cooking classes—how about “cooking classes for klutzes?”
- e Try a field trip to the grocery store—if not a real store, design a fake grocery store in the clinic with grocery props, WIC foods, etc. to familiarize clients with WIC foods they may see.
- e Taste Tests—explore how to use new foods or favorite foods in new ways.
- e Promote nutrition education in unexpected locations—Attach nutrition messages to the floor, bathroom stall door, ceiling, on toys, windows, light fixtures, etc.
- e Plant a garden—if you are studying fruits and vegetables, help clients plant a container with vegetables to take home.
- e Use crafts—make something that relates to the topic discussed. Give it to a participant as a prize to take home.
- e Use projective teaching techniques—Take a topic and add a twist: “If breastfeeding were a restaurant, what kind would it be?”

- e Nutrition stations—Have a nutrition clue at each station related to a mystery nutrition message. Pick up clues to complete the message and gain information.
- e Hold special food theme days—how about oatmeal day, bean day, or Swiss cheese day?
- e Nutrition storytelling—have a story that relates to the nutrition topic (read to children and parents).

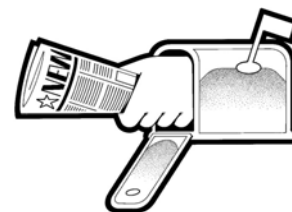


Nutrition bulletin boards—Have participants create a bulletin board. Supply the topic and materials and let the participants create the design. Leave the bulletin board up for others to see.

- e Top 10—Create with participants a David Letterman “Top 10” list for the topic of the day.
- e Add props that can be used creatively to get across your message. For instance, use a bell without a ringer to talk about taking care of the “outside” of your body without taking care of the “inside.”
- e Set up serving size demonstrations using household items to illustrate common serving sizes. For instance use a ping pong ball to show the size of 2 tablespoons of peanut butter, or measure out amounts of beans or rice to show what a ½ cup serving looks like.
- e Sugar cubes—Place the number of sugar cubes in a candy bar etc. next to the food item. Glue the sugar cubes together for ease in demonstration.
- e Use music to encourage physical movement or set the tone of the class.

Local Agency News

Welcome to these new employees:



Butler County—Sue Lieb, RD
 Neosho County—O’Donna Bastin, RN, Administrator
 Neosho County—Mia Neely, clerk
 Johnson County—Sandra Reece, RD
 Johnson County—Mary Rondon, RD
 Johnson County—Vicki Flint, clerk
 Scott County—Susie Heslop, clerk

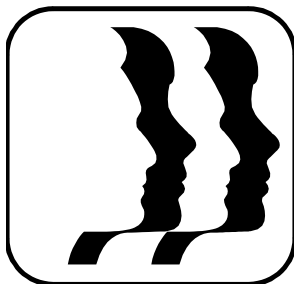
We say goodbye to these WIC friends:

Greeley County—Verla Biel, RN
 Jewell County—Janet Higer, clerk
 Neosho County—Patricia Brown, clerk
 Neosho County—Lori Alonzo, RN, Administrator
 Neosho County—Stephanie Thompson, RN
 Neosho County—Janet Julich, RN
 Neosho County—Mary Ellen Ornelas, LPN
 Scott County—Yuvonne Kraft, clerk

Congratulations to Heidi Stevens, RD in Scott, Lane, Greeley and Wichita Counties on the birth of her son in April.

Congratulations to Joy Hammer, who was recently honored as a 50-YEAR MEMBER in the Kansas Dietetic Association. Joy is the Nutrition Services Coordinator for the Cowley County WIC Program and is an inspiration to all who are lucky enough to work with her.

We express our sympathy to the family and friends of Judy Binns, Scott County, who lost her life in a car accident in Colorado in May. Judy was the former health department administrator and WIC coordinator of that agency.



**United States
Breastfeeding
Committee (USBC)**

Mary K. Washburn, RD/LD,
CBE; Breastfeeding
Coordinator

Starting in 1995, a small group of breastfeeding advocates met to discuss the need for coordination of breastfeeding activities in the United States. The list of partnership organizations in the USBC has grown to over 40. The members include Academy of Breastfeeding Medicine, American Academy of Family Physicians, American Academy of Pediatrics, La Leche League International, National WIC Association, and USDA/Food and Nutrition Services/WIC. The mission of the USBC is "To improve the Nation's health by working collaboratively to protect, promote and support breastfeeding".

The USBC web site offers a wealth of information at www.usbreastfeeding.org. Items of particular interest might be the national agenda which includes goals and a strategic plan to ensure that breastfeeding is recognized as the normal and preferred method of feeding infants and young children. There are also a number of position statements complete with references and additional resources. Ones that I found particularly interesting were "Workplace Breastfeeding Support", "Breastfeeding and Child Care" and "Economic Benefits of Breastfeeding". I encourage you to look at this web site and the valuable information that it will provide as you work with community partners to support breastfeeding.



Check This Out!

Pat Dunavan, Nutrition
Education Specialist

This month, we bring you
web sites which deal with
the topic of overweight and

obesity.

<http://www.aphafoodandnutrition.org/overwt.html>

The Food and Nutrition section of the American Public Health Association maintains this web site on resources for overweight in childhood. It provides information and links to resources, tools, and materials on the subject of overweight in childhood and adolescents.

<http://www.healthinschools.org/sh/obesity.asp>

Keeping Kids Healthy: Obesity, Nutrition and Physical Exercise is a new section on childhood obesity that appears on this web site maintained by the Center for Health and Health Care in Schools. Information on the problem, prevention strategies and key government documents are included on the site.

<http://www.cdc.gov/HealthyYouth/PhysicalActivity>

The Centers for Disease Control and Prevention (CDC) has published four new free brochures to help parents, teachers and principals increase physical activity among elementary and middle school-aged children. To print or order copies, check out this site.

<http://depts.washington.edu/vitalwic>

This web site was developed as part of a USDA grant to revitalize nutrition services in WIC. It contains many nutrition and physical activity resources for local WIC staff, parents, and communities.

<http://www.CNR.Berkeley.EDU/cwh/resources/childrenandweight>

The University of California at Berkeley is well known for its expertise in the area of childhood obesity. Now you can access their web site and check out their resources regarding weighing and measuring children in school. They provide guidelines for completing this activity in a manner that supports a positive body image in children and includes sample letters for families.

<http://www.tvp.org>

Research is showing a correlation between the number of hours children spend in TV viewing and obesity. Go to this web site, maintained by the TV Turnoff Network, to get practical tips for parents on what to do with your children to decrease TV time and increase physical activity.

The WIC Library Moves To New Location

Pat Dunavan, Nutrition Education Specialist



In June, the WIC/CSFP Materials Library moved to the Curtis State Office Building in Topeka. KDHE relinquished its contract with K-State Community Health Library Services to provide distribution of health education materials. The State WIC staff now fills all incoming orders once a week, and will track and ship any materials temporarily on backorder. If you have questions regarding the status of an order, please contact Pat Dunavan at (785) 296-0094 or by email at pdunavan@kdhe.state.ks.us.

You can also now find some of the WIC/CSFP nutrition education materials on the KDHE web site, www.kdhe.state.ks.us/bcyf. Go to the Nutrition and WIC Services link and look under resources. You will find copies of past newsletters as well as nutrition

education and outreach materials. You may download a master copy of the materials and print them in your clinic as needed. We anticipate putting more materials on the website in the future. If you need only a few copies of a given item, it may be more efficient to print your own copies as needed.

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WIC: Growing Healthy Families in the Heartland

